experience; it is found that then we are aware of ourselves passing from state after state of consciousness. to a brief period of luminous and peaceful dreamless. rest, which is the true restorer of the energies of the waking nature, and then returning by the same way to the waking consciousness. It is normal, as we thus pass from state to state, to let the previous experiences slip away from us; in the return only the more vivid or those nearest to the waking surface are remembered: but this can be remedied,—a greater retention is possible or the power can be developed of going back in memory from dream to dream, from state to state, till the whole is once more before us. A coherent knowledge of sleep life, though difficult to achieve or to keep established,. is possible.

Our subliminal self is not, like our surface physical being, an outcome of the energy of the Inconscient; it is a meeting-place of the consciousness that emerges from below by evolution and the consciousness that has descended from above for involution. There is in it an inner mind, an inner vital being of ourselves, an inner or subtle-physical being larger than our outer being and nature. This. inner existence is the concealed origin of

almost all.
in our surface self that is not a
construction of the
first inconscient world-Energy or a
natural developecL
functioning of our surface consciousness
or a reaction
of it to impacts from the outside universal
Nature,—
and even in this construction, these
funcdonings^
these reactions the subliminal takes part
and exercises.